

Claims

1. A fluid for preventing or treating hypohydration, comprising a methyl amine and/or a flavonolignan, said fluid further comprising one or more digestible carbohydrates and one or 5 more minerals, wherein said fluid has an essentially hypotonic osmolarity.
2. A fluid according to claim 1, having an osmolarity of 300 mOsm/l or less.
3. A fluid according to claim 1, having a dry mass content of 9 wt. % or less.
- 10 4. A fluid according to claim 1, wherein the digestible carbohydrate concentration is between 10 and 80 g/l.
5. A fluid according to claim 1, wherein one or more carbohydrates are chosen from the 15 group of oligosaccharides and polysaccharides.
6. A fluid according to claim 1, wherein one or more carbohydrates have an average chain length in the range of 3-50 monosaccharide units.
- 20 7. A fluid according to claim 1, wherein at least 50 wt. % of the carbohydrate content is in the form of oligosaccharides and/or polysaccharides.
8. A fluid according to claim 1, wherein one or more carbohydrates comprise glucose and at least one of the monosaccharides chosen from the group of fructose, galactose, 25 mannose, ribose and inositol.
9. A fluid according to claim 8, wherein the amount of fructose and mannose together is 0.05-0.6 mole per mole glucose.

10. A fluid according to claim 1, wherein one or more carbohydrates comprise at least 0.5 g/l ribose, at least 0.5 g/l inositol and/or at least 0.5 g/l galactose.
11. A fluid according to claim 1, wherein said methyl amine is betaine.
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12. A fluid according to claim 1, wherein the methylamine concentration is 0.1-.20 g/l.
13. A fluid according to claim 1, wherein said flavonolignan is silibin.
- 10 14. A fluid according to claim 1, wherein said flavonolignan is concentration is 0.1-8 g/l.
15. A fluid according to claim 1, comprising silymarin as a source for silibin.
16. A fluid according to claim 15, wherein the silymarin concentration is between 0.2 and
15 10 g/l.
17. A fluid according to claim 1, wherein the mineral concentration is between 0.1 and 30 g/l.
- 20 18. A fluid according to claim 1, wherein one or more minerals are chosen from the group formed by sodium, potassium, chloride, phosphate, magnesium, zinc, calcium, iron and copper.
19. A fluid according to claim 18, wherein the magnesium concentration is 100 mg/l or
25 more.
20. A fluid according to claim 18, wherein the zinc concentration is 10 mg/l or more.
21. A fluid according to claim 18, wherein the calcium concentration is 300 mg/l or more.
- 30 22. A fluid according to claim 18, wherein the iron concentration is 5 mg/l or more.

23. A fluid according to claim 1, comprising glycerol, lipoic acid, a vitamin, citrate, phosphate, malate, taurine, caffeine or a combination thereof.

5 24. A fluid according to claim 23, comprising tocopherol.

25. A fluid according to claim 23, wherein glycerol is present in a concentration of 0.1-20 g/l.

10 26. A fluid according to claim 23, wherein lipoic acid is present in a concentration of at least 20 mg/l.

27. A fluid according to claim 23, wherein taurine is present in a concentration of 0.2-2 g/l.

15 28. A fluid according to claim 23, wherein caffeine is present in a concentration of 0.1-1 g/l.

29. A fluid according to claim 1 comprising methionine.

20 30. A fluid according to claim 1, having a pH in the range of 2.5-6.8.

31. A fluid according to claim 1, having a nitrogen content of less than 3 g/l.

25 32. A fluid according to claim 1 in the form of a water solution, a fruit juice, a whey dairy drink, a beverage, a fluid for tube or enteric administration.

33. A method for treating or preventing hypohydration, comprising the administration of a fluid according to claim 1.

34. A method according to claim 33, wherein the fluid is administered orally or by tube or enteral administration.

35. A method according to claim 33, comprising the administration of said fluid to a
5 subject suffering from a gut disorder, cystic fibrosis, a cardiovascular disease or a
physiologically or symptomatically related disorder.

36. A method according to claim 33, wherein the fluid is administered before, during or
after the subject is subjected to surgery.

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37. A method according to claim 33 for the prevention or treatment of dehydration of a
subject who is exposed to a high temperature and/or physical exercise, wherein the fluid is
administered to the subject before, during and/or after being exposed to a high temperature
and/or physical exercise.

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38. A method according to claim 33, wherein the subject is an elderly person.

39. A method according to claim 33, for medical use.

20 40. A method for manufacturing a fluid according to claim 1 for preventing or treating
hypohydration.

41. Concentrate for preparation of a fluid according to claim 1.

25 42. Concentrate according to claim 41 in the form of a pre-mix, a powder, an
agglomerate, a fluid, a syrup, a gel, a tablet or a capsule.

43. A method for manufacturing a concentrate according to claim 41, for preventing or
treating hypohydration.
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44. Use of a methylamine and/or flavonolignan in a hypotonic fluid to provide improved prevention against hypohydration.
45. Use of methylamine and/or flavonolignan in a hypotonic fluid to provide improved recovery from hypohydration.